

Overview

TOTAL LEARNING
HOURS

85

COMPLETED COURSE
HOURS

73

SUPPLEMENTAL LEARNING
HOURS

12

COMPLETED
COURSES

19

19 Courses completed

Course name	Overview	Time	Completed
Preparing for Success After Prison (PSAP) Program	This transformative course led by Michael Santos, a formerly incarcerated individual, emphasizes the importance of preparing for success, setting SMART goals and developing cognitive & social skills.	17 hr 50 min	Oct 29, 2023
Michael G. Santos: Straight-A Guide	Acquire essential knowledge and skills from Michael G. Santos, a former prisoner who transformed his life through education and personal growth, empowering you to pursue a law-abiding future.	12 hr 52 min	Oct 18, 2023
Beyond Prison, Probation, and Parole	Find hope and inspiration in real-life stories. Discover strategies for overcoming challenges post-incarceration. Refuse to let the past define a brighter future.	6 hr 28 min	Oct 22, 2023
Black History, Black Freedom, and Black Love Lessons from Influential Black Voices Part 1	Explore influential Black voices, their historical contributions, and the power of Black love as a path towards understanding and dismantling white supremacy.	5 hr 57 min	Oct 16, 2023
Thinking for the Future - CBT	Become empowered with practical tools and insights to cultivate positive thinking patterns, enhance emotional well-being, and foster meaningful behavioral changes for a brighter future.	5 hr 20 min	Oct 13, 2023
MasterMind Course: Earning Freedom by Michael Santos	Gain valuable insights and guidance from Michael Santos's personal journey, leveraging his experiences to inspire personal transformation, reentry success, and a thriving future.	4 hr 59 min	Oct 6, 2023
Howard Schultz Business Leadership	This digital course is designed to captivate your intellectual curiosity and provide you with practical strategies to enhance your learning and career development.	4 hr 09 min	Oct 1, 2023

Course name	Overview	Time	Completed
Introduction to Changing Your Game Plan: The Blueprint to Success During and After Incarceration	This introductory course presents a practical approach to positive change and mental and emotional growth that will show you how to successfully transition back to your life, family, and community.	2 hr 22 min	Sep 29, 2023
Learn Your Strengths from Shining Light	Discover and develop your unique strengths, gaining practical tools and insights to enhance self-awareness, build positive relationships, and make a meaningful impact in any circumstance.	2 hr 09 min	Sep 30, 2023
CEO of Your Life Part 3: Homeless to CEO Success	Learn from Eric's inspiring journey from homelessness to CEO and gain essential communication, vocabulary, and critical thinking skills to overcome challenges and achieve your own goals.	2 hr 06 min	Oct 3, 2023
Apply Your Strengths from Shining Light	Become empowered to cultivate gratitude, self-regulation, positivity, and goal-setting skills, fostering tangible personal growth and a positive impact on themselves and their community.	1 hr 56 min	Oct 3, 2023
Introduction to Stress Management	Gain essential stress management strategies, uncover personal character strengths, harness inner power, and learn effective techniques to effectively manage stress.	1 hr 23 min	Oct 6, 2023
Illegal to Legal: Business Success for the (Formerly) Incarcerated	Gain the knowledge and skills to transition from illegal activities to legal entrepreneurship, providing opportunities for business success and personal transformation.	1 hr 10 min	Oct 1, 2023
CEO of Your Life Part 1: Humble Beginnings to CEO: With Terry	Discover Terry Merlin's transformative journey from adversity to triumph, inspiring you through resilience, healing, and entrepreneurial expertise for personal and professional empowerment.	1 hr 09 min	Oct 2, 2023
CEO of Your Life Part 7: The Importance of Accountability	Learn from James Patterson's journey, understand the significance of personal development and accountability, and strive to perform at one's highest potential.	1 hr 08 min	Oct 10, 2023
CEO of Your Life Part 6: Biz Development	Cultivate a strong work ethic, enhance communication skills, and develop critical-thinking abilities to empower Learners in achieving rewarding and meaningful careers.	1 hr 05 min	Oct 9, 2023

Course name	Overview	Time	Completed
Introduction to the 2nd Opportunity Programs	This introductory series of courses is designed to provide employment readiness, life skills, and re-entry assistance to those who are currently incarcerated and seeking to change.	0 hr 37 min	Oct 18, 2023
Make BIG TALK: Time	Learn how to engage in meaningful conversations by skipping small talk and exploring profound questions, fostering self-reflection and enhancing interpersonal connections.	0 hr 33 min	Oct 2, 2023
Make BIG TALK: Introduction	Explore personal perspectives, and understand how to foster authentic connections with others through the practice of "big talk," promoting self-reflection, empathy, and personal growth.	0 hr 17 min	Sep 28, 2023

Supplemental Learning - 12 hr 02 min

Summary

Listed below are the top 12 supplemental interactive learning items Stephen has spent time on. In addition, Stephen has engaged with **3 readings** and **16 learning videos**.

Title	Time
Introductory Psychology	6 hr 17 min
Minnesota Commercial Driver's License Test	3 hr 02 min
Rewired Program	1 hr 02 min
PMI: Path of Freedom (v2022)	0 hr 59 min
Neil deGrasse Tyson Teaches Scientific Thinking and Communication	0 hr 27 min
Eric the Car Guy - Transmissions	0 hr 06 min
Math - Addition, Subtraction, Multiplication, and Division	0 hr 05 min
In the Courtroom	0 hr 04 min
Introduction to Legal Studies	0 hr 02 min
ECS01 - Welcome to Edwins Leadership and Restaurant Institute Culinary Series	0 hr 01 min
Donna Farhi Teaches Yoga Foundations	0 hr 01 min
Sherburne County, MN: USPS Price Hikes and Delays Article	0 hr 01 min